

AJR - Dr Kevin Reese Transcript

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Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan show. It's where we've lent spirituality and practicality to help you live a life of purpose and joy. We have Dr Kevin Reese with us on the show today. Kevin has a PhD in nutrition and has helped thousands of people reclaim their health. He refers to himself as a head-to-toe healer. I'm eager to find out what that means, hear about his methodologies and ferret some helpful tidbits we can all use to improve our own health. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Kevin. Kevin, welcome to the show. I'm so delighted you could join us today.

0:01:29 - Kevin

Thank you for having me.

0:01:30 - Julie

You bet what's head-to-toe healing.

0:01:34 - Kevin

It's a method or practice that I sort of invented some years ago, where we actually get after the whole body, no matter what it is that you have. Get after the whole body, no matter what it is that you have, and we do that by combining nutrition, by combining postural alignment therapy and by combining mindfulness training. So what we're doing is we're going after the vehicle, the fuel that goes into the vehicle and the onboard computer that controls the vehicle and in my experience, when you get after those three, the whole body heals fast.

So it's the whole mind-body-spirit thing where it's not segregated, siloed areas like the cardiologist and the neurologist and the whatever Right, right, and that's a big part of my message in my books and my videos and whatnot areas like the cardiologist and the neurologist and the whatever Right, right, and that's a big part of my message in my books and my videos and whatnot is, if you go to the medical system what I call the medical monopoly then they're going to look at you through the eyes of specialty.

So the foot doctor isn't on the same page as the brain doctor, the brain doctor isn't on the same page as the heart doctor and the heart doctor is not on the same page as the spine doctor. And it's just, in my opinion, it just makes no sense. So what we do is we get after the whole entire body and once we teach people how to do this you know it's a practice you keep doing it and doing it, you don't stop. Do this, you know it's a practice, you keep doing it and doing it, you don't stop. So you know healing is a verb. It's a verb. So you keep practicing head to toe healing and you keep your body in a state of regeneration.

0:03:17 - Julie

All right, so say more about that. That the person practices. So they come see you or see one of your practitioners. What happens? And then what's their homework for lack of a better term for them to do to keep practicing it on themselves?

0:03:35 - Kevin

Yeah, so we used to take one-on-one clients. We no longer do that because we've been attacked pretty viciously by some people, and so what I did is I started a virtual learning membership and so people come into the membership and it's very much like a school. So we have classes, we have courses, we have community and we just show them how to do this practice, and so they're healing themselves, and it gets us out of the zone of practicing without a license.

0:04:14 - Julie

Okay, so you were attacked by the medical establishment.

0:04:18 - Kevin

Oh yeah, and vigilantes, you know some people get on their high horse and they're just like this guy's dangerous and they report me and they send threats and stuff like that. So it's a surprisingly dangerous business.

0:04:38 - Julie

I'm a medical intuitive. It's like I'm a human MRI, Kevin, and I can see inside somebody's body, with their permission, broken bones, torn ligaments, viral infections, bacterial infections, cancer, whatever. And I always tell them nobody heals anybody else, we all heal ourselves.

That's right and the work that I do, the work that allopathic medicine, that Eastern medicine that you're doing, we're all helping the person heal themselves. And I like to use the analogy of you go to the emergency room with a big laceration in your leg. Well, they're going to stitch it up, but they're not going to make your skin grow back. You make your own skin grow back.

And I think that's a simplified analogy to help people understand. Can you give us what some of the modalities are that you teach to help people be able to heal their bodies and from all those different categories that you mentioned earlier?

0:05:40 - Kevin

Yeah, it's just the three that I mentioned. So it's clinical nutrition, postural alignment therapy and then mindfulness training.

0:05:48 - Julie

Okay, can you say a little bit more about each one?

0:05:51 - Kevin

So postural alignment therapy is about getting the muscles back in order, because the muscles are what moves the bones. So when your muscles get out of whack, so to speak, there are compensations that happen, and you know, your knees could be pulled this way and your shoulders can be pulled that way, and your pelvis can be pulled this way, and it puts us in a problematic posture, and so postural alignment therapy corrects that, and it's something that has to be done daily.

0:06:20 - Julie

How does one do that With stretches?

0:06:23 - Kevin

There's some stretches, there's some yoga moves, there's an array of different exercises and we have practitioners that put them into a format like a protocol, and so yeah, for example, if somebody had a headache, it would be certain exercises in a row and in order.

0:06:47 - Julie

And does it vary in times, like if you have a headache, it'll take you five minutes. If you have a backache, it might take you 15 or 20.

0:06:55 - Kevin

you know sleeping sitting, you know being at a desk, you know it all. You know muscle memory. It all locks us into place right now, where both of us are sitting down and we're using our psoas muscle and we're using all sorts of muscles that overlap joints, and you know it's not that natural. I mean not not for an hour, it's not really. Yeah, you think about it. So we're in the squatting position right now. So postural therapy is all about correcting everything, because throughout the day you're going to be in positions that aren't natural.

0:07:43 - Julie

Because we don't know too many cavemen that sat at desks looking at a screen. That's right, yeah.

0:07:50 - Kevin

Or laid in a bed with a pillow that props their head up, or something like that Interesting.

0:07:56 - Julie

When you compare the exercises that you're proposing versus, for instance, chiropractic care, how do they go hand in hand? Is one going to address something that chiropractic care doesn't? I think their philosophy is you get the skeletal system aligned and then the muscles go back into the proper position. It sounds to me like yours is the inverse of that.

0:08:25 - Kevin

Yeah, we're the opposite. Muscles move, bones Interesting, and we don't have to touch anybody, okay.

0:08:33 - Julie

All right. So for somebody to do the daily practice, how long does that take, and can they do it at home on their own? Are they doing it on a yoga mat or just on the floor, or how does that work Either or.

0:08:46 - Kevin

In our membership. We have classes. We have four therapy classes a week, so people log on through Zoom and they do their thing at home while the teacher runs them through, and then they can take you know the routine they like and do that all week and then switch it up.

0:09:03 - Julie

And tell us about the food component part of your plan?

0:09:08 - Kevin

Yeah, we help people get off what we call the poor four foods that's gluten, that's oils, that's fried, that's fake. And then we pump them full of nutrition and we pump them full of high quality supplements and that can be very protocol based, sometimes it can be cookie cutter and that can be very protocol-based. Sometimes it can be cookie cutter, sometimes it can be very routine and protocol-based and the body just starts doing its thing.

0:09:32 - Julie

Oils, including the so-called healthy oils like coconut oil, olive oil.

0:09:38 - Kevin

All oils. Avocado Oil is oil, Even the oil in your car. It's oil.

0:09:45 - Julie

Why is that a thing? I think the current idea in the zeitgeist right now is there are good oils and there are bad oils, and it sounds like you've kind of globbed them all together. What's behind that? What have you found?

0:10:01 - Kevin

Because it oxidates with the air. So it doesn't matter if it's a good oil or a bad oil. It's going to be exposed to the air for more than 15 minutes. It's going to oxidize just like an avocado. When you open it up on your counter, it's the same thing, it's just you don't see it because it's hidden in a dark bottle.

0:10:21 - Julie

And so what is the oxidized oil? What problems does that cause?

0:10:26 - Kevin

Free radical damage, it goes. And so what is the oxidized oil? What problems does that cause? Free radical damage? It goes into your body and it bonds with cells, so we're talking about cellular damage here and that can lead to cardiovascular disease, can lead to what we call the sea monster and things of that nature. So, any other fats that you espouse? Yeah, fats in their whole form are fine.

Such as you know, a ribeye steak, high quality butter, ghee, beef tallow, yeah, whatever floats your boat. Yogurt Interesting, but oils are you know? It's fat juice, it's a great way to put it, it's fat juice. It's not natural, it's not something that you know. You would be out in the wild and be like, oh, let me get my fat juice, you know you just wouldn't. In the 80s and 90s the Mediterranean diet was promoted very heavy and we started getting on oils and cardiovascular disease shot through the roof.

0:11:29 - Julie

Yeah, and it did when fats were restricted. That's right yeah.

0:11:34 - Kevin

That's right.

0:11:35 - Julie

That's right. All fats, not just oils, absolutely.

0:11:38 - Kevin

Absolutely. And so you know there was a campaign when Crisco came out it was the 1950s, I believe, and it was patented by Procter Gamble and they wanted to promote Crisco. So they put out a campaign saying that animal fats were bad and vegetable fats were good. And there's the birth of it right there. And you know there's a lot of people want to debate. But you know the bottom line, the bottom, bottom, bottom line is that heart disease is the number one killer in the world right now, in 2025. So obviously, none of this worked. Statin drugs don't work. None of it's worked, and it's on the people. It's on the people. The government's not going to change it. Nobody's going to change it. It's on us to change our ways, which then changes where the money goes.

0:12:39 - Julie
Well, and margarine too.

0:12:41 - Kevin
Margarine's horrible, yeah, margarine.

0:12:43 - Julie
Yeah, we always had margarine when I was growing up, because it was supposedly healthier than butter.

0:12:48 - Kevin
Same here, orange soda, you know, which is probably orange dye right, right, and just all this stuff growing up on all this stuff, candy yeah.

0:13:00 - Julie
Yeah, the interesting thing about the margarine and the Crisco. I'm just thinking in my head. I have old cookbooks that belong to family members, or they were those ones that a church lady's auxiliary was selling and it was bound at Kinko's, you know, and it was Sally Mae's favorite macaroni and cheese recipe and Susie Q's cinnamon roll recipe, and all that. And a lot of those call for Crisco by name, not just. You know, use a butter or a margarine, They'll say no, specifically use Crisco in this recipe, which is fascinating when you think about the power of marketing. How were we all sold on the fact that that was going to be healthier than butter and regular animal fat?

0:13:54 - Kevin
A big part of my work is talking about the human mind. I even wrote a book about it called Cheat Code. And you know we're very programmable. You can program anything. So how do we defend against that? Look really closely and understand that. You know, when it comes to health, we're being scammed. I mean, we're really, really being scammed at a high level, and that's why I wrote Medical Monopoly. You know, this is the book that I'll probably be known for for a few generations, even though I have 10 books. But this is the one because it'll be passed around, because it's a wake-up call. It breaks down the entire medical system and how they are scheming us

you know and how we're programmed to look at our white coat as an authority figure. My doctor said you're at the family barbecue and you're sitting there and talking to Auntie Jane or whoever, and she's like. My doctor says it's genetic and you're like well, my doctor says yeah, the doctor says this, I got to get on this pill and it's like you sit there and you have doctor conversations. This, I got to get on this pill and it's like you sit there and you have doctor conversations. And and when you're a kid, you got to get a doctor's note to get out of school, or uh, now they have mental health days. Uh, you know, I remember when I was a teenager there was a big show on TV called ER.

0:15:40 - Julie
I remember that.

0:15:42 - Kevin
And when it ended it was like this big finale, right. And then the next week there's a new show called Chicago Hope, and then after that it's Grey's Anatomy. There's always a doctor show on television. We are constantly being programmed, and if you watch really, really closely, you will notice that it's all emergency room based usually, that it's all emergency room based usually, and so what they do is they promote doctors as heroes in the emergency room, which can absolutely be accurate but that's not your primary care physician.

0:16:17 - Julie

How did you get interested in helping people, and helping people heal in particular?

0:16:28 - Kevin

Well.

0:16:29 - Julie

I was in radio and television for many years, and what capacity.

0:16:37 - Kevin

I was a professional radio personality and dabbled with television, and I did that for 12 years, if you count college, 16 years. You know I never, you could have, never, you could have never told 16-year-old Kevin or 26-year-old Kevin that he would be a healer, a doctor or anything like that. I mean it just wouldn't. It wouldn't have made any sense.

0:16:59 - Julie

So you weren't doing shows on health in particular, you were just doing regular, regular, like entertainment kind of shows.

0:17:06 - Kevin

Yeah, yeah, trying to be the next Howard Stern or something you know. Like you know, this wasn't in the plan. And then one day I started, you know, my health was deteriorating and when I went to the medical system it just took a few times but eventually the light bulb went off. I remember asking the technician because they were doing all these tests on my heart and all this stuff I was in my late 20s and I remember asking one of the technicians, like how much does this machine cost? It's like, oh, \$2 million. I'm like how many people need to come through here to make the money back? And it just started clicking.

It just started clicking and once the epiphany happened, I got, you know, the fear hit pretty severely because then it was like, wow, we have to save ourselves. Unless it's an emergency, if it's something chronic, you got to save yourself. So I just started studying and next thing, you know, I'm in school. And next thing, you know, I'm quitting entertainment. And next thing, you know, I have a PhD. And next thing, you know, I have clients. And it just happened.

0:18:24 - Julie

So, when you said that you went into fear when you were going through the medical system in your late 20s, what was it that you were fearing? What was it that was your epiphany, and what was it that you were fearing as far as long term?

0:18:49 - Kevin

Like most people, the doctor was like a mechanic and my body was like a car and it's like you know, when something goes wrong, you go to the doctor and then you just listen to what they say. And when I realized that was not true, it was scary and I just realized that we have to do it ourselves.

0:19:02 - Julie

How did you realize that that wasn't true, that the doctor was going to be able to help you?

0:19:08 - Kevin

Because he didn't have any answers. He even said one time he said because I was asking a lot of questions about my heart. He was like Kevin, do we have to open your?

0:19:24 - Julie

heart to find out. Is that what you want? And I'm just like wow, huh, was he a cardiologist or was he your GP?

0:19:28 - Kevin

He was, yeah, his primary care.

0:19:34 - Julie

Okay.

0:19:35 - Kevin

So did he send you to a cardiologist? Yeah, oh, yeah, yeah, yeah, yeah.

0:19:37 - Julie

And did the cardiologist answer your questions for you?

0:19:41 - Kevin

No, no, not really, because I was trying to figure out why and this, that and the other, and the answers were just constantly genetic and hereditary, genetic and hereditary. And so, of course, I believed it at first. And you know, my dad had open-heart surgery at 47. His dad died on the table surgery like 52. So they're pumping fear into me. You know what I mean.

At the time, I'm in my late 20s and it's like, well, you know what I mean. At the time, I'm in my late 20s and it's like, well, you know, at the time I'm talking to you, I'm 45 and you know I have had scans, I'm clean. You know it's like I don't know about this, but, um, uh, yeah, I just figured out we have to, we have to take it into our own hands and you know, sometimes you hire a little help to guide you, such as people hire us or come into our membership, or you know somebody that needs help with something may hire you. Like, sometimes we need a little guidance, but the white coats have no guidance. They got drugs, injections and surgeries and that's it. So if you don't want drugs, injections or surgeries, you're in the wrong place.

0:20:56 - Julie

What ended up being the cause and how did you heal your body when you were having those heart issues and what were your symptoms?

0:21:04 - Kevin

I was having chest pains, panic attacks, all that type of stuff, plus I was overweight and then eventually my body started breaking down too from being on the computer for all these years. I mean the cause is, you know, we're right back to head-to-toe healing in those three factors. You know it's nutrition, posture, the posture, the mind. You know it's some sort of combination always of that, and I'm sure my lymphatic system wasn't moving good and I'm sure you know my gut wasn't good and I'm sure you know I had gray hair at 22. So I'm obviously nutritional deficiencies and you know they, they don't know any of that.

0:21:53 - Julie

We didn't talk about the mind, we talked about the posture and we talked about the food.

0:21:58 - Kevin

Tell us about the mind, yeah there's an onboard computer in our skull and it connects to two cameras.

0:22:06 - Julie

It connects to two cameras. We talked about the posture and we talked about the food. Tell us about the mind.

0:22:17 - Kevin

Yeah, there's an onboard computer in our skull and it connects to two cameras and we got a speaker, the mouth right, and it connects to the spine, and so the spine is like a circuit breaker and it connects to everything else through nerves. So you know, if you have a pain in your left foot could be coming from the mind. There's no way to know for sure. But that's the beauty of head to toe healing. It doesn't matter. You just work on all three at the same time, no matter what.

0:22:52 - Julie

So let's use that as an example. Since you brought it up. Somebody's got a pain in their left foot and you say it could be coming from the mind. Walk us through what the protocol would be or what you would suggest somebody do to help alleviate that pain.

0:23:11 - Kevin

Well, you know, we would go after the nutrition, go after the posture and then, as far as the mind goes, we would have them start talking to their subconscious mind and start working on that and alleviating any fear or guilt or shame or whatever it is that's going on. It's a deep detoxification process. So there's a lot going on in the basement of your mind.

0:23:40 - Julie

Can you give us the cliff notes of okay, I got a pain in my left foot, I need to talk to my subconscious. How do you do that? What are you exploring? What are you exploring? What are you asking? Give us like an example of the revelations that would be perhaps identified, and then what happens after that.

0:24:03 - Kevin

Yeah, so we nicknamed the inner child, we nicknamed the subconscious mind an inner child. So by doing that, you now have something that you can console and nurture and if you talk to your inner child in a comforting way, you can start releasing that data, as I like to refer to it as, because that's what's in there. It's a bunch of data, a bunch of stored memories and stuff like that. This is where PTSD comes from. You know, somebody was in the Vietnam War or something like that, and 30 years later they can be there again and actually feel it all over again. You know it's all stored in the subconscious mind or the inner child. So it's tedious, so it's not for everyone, because a lot of people want the magic pill. But you got to sit there and you got to nurture your inner child just like you were nurturing your two-year-old self, and it can be emotional.

0:25:07 - Julie

So do you have a protocol of worksheets or something to help uncover what those memories are that are causing trauma and then pain in the body, and are you finding that there's normally an emotional component before any kind of medical condition arises?

0:25:30 - Kevin

Yeah, In the membership we have video classes where we guide people through all that and, yeah, it's a pretty emotional experience for them. They do it on their own time and such, and then they pop up and they go guess what happened. You know, we had a lady the other day who was just like I can't believe how much I'm crying and I'm not even a crier, but I'm just crying and I'm like you're releasing. You're releasing. You went down deep there and there's stuff there and it's coming up, yeah.

0:26:05 - Julie

Most healthcare professionals, licensed healthcare professionals would say that that could get into some dicey territory to have people releasing those memories and emotions without having some professional care nearby in case they need it. Have you run into that?

0:26:27 - Kevin

No, okay, tell us about that. No, because the way I teach it is very clear that this is data. If you understand that it's a computer and there's data, and there's an algorithm and there's all this, then there's nothing to fear. If you are sitting there and you have a vision of a monster and you understand my teaching, then you're just going to say, oh, that's data Like Monsterscom or Monsters Inc. Monsters Inc.

0:27:02 - Julie

Yeah great show Monsters Inc. Like the movies, that movie is curriculum.

0:27:06 - Kevin

That's a great example. Yeah yeah, there's no monster. Your mind stores all this, you know, and it can just spill out, and so when you understand it, it takes the fear away.

0:27:24 - Julie

And I believe thoughts don't have a meaning until we assign a meaning to them. So Monsters Inc is a great example, because you know, that big, hairy blue monster looked so scary but it was just like a big teddy bear and was just a big sweetie. Would you agree with that statement?

0:27:44 - Kevin

statement Absolutely yeah. I mean thoughts are. I mean they're not really real, I mean they feel real, they feel very real.

0:27:54 - Julie

What are they? What are thoughts?

0:27:56 - Kevin

Well, it's an algorithm. It's an algorithm shooting out of your computer and they can be very repetitive. They can go in a loop loop. For example, if you're falling in love with someone, you might think about them over and over and over again. You can't stop. You try, you try, like I don't want to think about this person anymore, but you can't. It just it keeps going and going right. Or if you're scared, same thing.

So there's there's not much control over it because it's a computer spitting out data. That's why the inner child work works, so you watch it and then you console it and you handle it as it comes up. It's a very tedious process, but I like to give the analogy that there's two types of data. There's Santa Claus data and there's two types of data. There's Santa Claus data and there's Michael Myers data, positive and negative. So Santa Claus is great, right, you think you know, super confident, and you know I'm the man and I'm having a great day and this is awesome and the dopamine's going right, but then Michael Myers is very dark. It's depressing, it's scary.

0:29:11 - Julie

Who's Michael Myers? Was he in one of the Halloween movies or something? Yeah, it's the Halloween movie.

0:29:17 - Kevin

yeah, yeah okay, yeah, so I'd rather have Santa Claus thoughts than Michael Myers thoughts, but they're both not real.

0:29:24 - Julie

So back to the you're falling in love with somebody and you have that thought that just keeps playing on a loop in your head and you say you nurture your inner child about that. What does that look like?

0:29:51 - Kevin

to yourself, like because it's going to bring up some fear, because you're like why am I thinking about this person? You know it could be. I'm sorry that you're thinking about this person so much. You know, please forgive me for obsessing about it. And you know you can. You know you can. You know you can. You can go in other places. You can think of other things. It's okay. Or don't worry, everything is going to work out. No matter what, everything is going to work out. I'm here for you. You just nurture your subconscious mind.

0:30:23 - Julie

So when somebody is obsessing about a new love, it's coming from a place of fear, because they don't want to necessarily get really involved, because they're afraid that it won't work out or the person will leave them. Is that what I'm hearing?

0:30:36 - Kevin

It could, it could, it could for sure. You know nobody wants to be broken up with right, or if somebody you know, relationships can be very there's a lot of responsibility. It's like you're picking up another job, almost in a way you know. It's like there can definitely be fear, because drastic change is one of the poor four fears, as I call it. So there's embarrassment, there's drastic change, there's insanity and there's death. These are the four things that humans get really scared over. Yeah, so drastic change would be like moving, getting a divorce, getting married.

0:31:22 - Julie

Is there a way to address those four principal fears up front and negate them before they materialize? Or is it just a matter of we deal with them as they pop up?

0:31:37 - Kevin

As they pop up, you can't really control the mind. A lot of people you know talk about mind control and stuff like that, but you don't want to get in a fight with your mind. This is where the insanity comes. You don't want to do that. You want to just let the data pop up and deal with it as it comes, knowing that it's data, understanding that there's a computer in your head and it's just. That is an algorithm. It's an algorithm. That's why you know, if you're a kid watching a certain TV show and let's just say you had ice cream every time you saw that TV show well, even as an adult you might. That TV show might get mentioned at a family barbecue and you automatically think of ice cream. You know it's, it's.

0:32:27 - Julie

Right Condition, condition. But is it all the same thing? In training the mind to do something? We train the mind to use Crisco instead of butter. We train the mind to, in America, drive on the right side of the road instead of in Europe, you're driving on the left side of the road and I've done that and had to remember oh no, no, I got to get on the right side, and things like that. So I think that there's mind control really in everything that we do, even stuff that we implement in our own lives as habits. I get up in the morning, I make my bed, our own lives as habits. I get up in the morning, I make my bed Every morning, make my bed. Is that mind control? If I controlled my mind to do that?

0:33:11 - Kevin

No, no, because there's another part of your mind that's like an executive, or an adult, if you will, and these are typically where you get your reminders from and such Brush your teeth, make your bed, take a left at the light. That's not the inner child. The inner child goes off on tangents and that's when you start dreaming, dreaming and dreaming and dreaming. You know, and you could, you could go into the past and start thinking about that thing that happened to you when you were 12. Or you can go into the future and think about the meeting you have on Friday, and you know it can be a not so good place either one, because all we really have is now.

0:33:56 - Julie

So how do we differentiate between that aspect of the inner child and the imaginative aspect, where we're envisioning things we want to manifest that are going to be beneficial and fabulous for us?

0:34:11 - Kevin

Yeah, in my book, the Cheat Code, I just break it down as using your imagination as a tool. But you're not going to carry the hammer around with you all day, you just use it and then drop it. So yeah, when you want to manifest something or change your life in that way, you can definitely use your mind as a tool, but it's not as good as the present moment. It never will be.

0:34:40 - Julie

So say more about that. You're using your imagination to envision something that you want to happen, perhaps versus you're in the present moment. You want to go on vacation in Tahiti, but you're in Pittsburgh right now, in the present moment. Talk to us more about that, about how to manifest.

0:35:03 - Kevin

Yeah, I mean the present moment is. You know the truth. There's no past, no future. You're just here, just like you were when you were one years old. Two years old, you know, before language was a big deal. But yeah, you can use your mind as a tool to manifest the job you want, the relationship you want, perhaps the money you want, certainly because there's a computer in your head and it has a frequency, and so it goes out into that God force, it goes out into that divinity you co-create and you can help heal your body like that.

0:35:45 - Julie

Say more about that. You're imagining what you want. Talk to us about sending out that frequency and does it attract a similar frequency? Walk us down that path for healing and then for, let's say, a job.

0:36:00 - Kevin

Yeah, you can absolutely attract things. You just raise your frequency and put yourself into that state and you know you're walking around earth with a high frequency. You know a high positivity. You know, as long as you don't come down into that, you know the scarcity and lack and all that start getting scared again. Then it should work. Some people call it the law of assumption, the law of attraction, the law of this, the law of that, but no reason to complicate it. It's just a computer in your head. It shoots out. There's a frequency. There's a frequency on this computer we're using right now. Feel it, but the present moment is still where you want to be. It's just very, very hard to get there. And in ancient times anyone that did get there permanently, they used the term enlightened. That's the term that they used. So it's a very rare human being. If you can find one that is there, it's very rare. It's one in a million, probably, literally probably.

0:37:11 - Julie

Is there a way for us to help facilitate us being in the present moment? Is it through meditation, is it through prayer? Is it through thought control? Is it through some other methodology?

0:37:29 - Kevin

I think one of the best ways to do it is through a mantra, a phrase that you constantly repeat in your head, because that will distract the inner child from drifting, because it's the inner child that drifts. You don't have to worry about the adult, it's okay for them to go. You got to brush your teeth, that's okay. That's like three seconds of a reminder, but the inner child is what's going to drift? And next thing you know you're daydreaming about something that just doesn't even matter. If you're repeating a phrase in your head like let's just say thank you, thank you, thank you, thank you, thank you, and your mind is constantly just saying thank you, thank you, thank you, thank you, it's going to distract your mind from daydreaming and it'll raise your frequency because it's a place of gratitude.

0:38:30 - Julie

And if one is doing that, can they operate their adult part of their mind and their imaginative part of their mind to get things done and to create things that they want to manifest and explore and experience?

0:38:39 - Kevin

Yeah, absolutely it's. You know, you're in control.

0:38:44 - Julie

It's more like background noise is what I'm hearing you say yeah, yeah, and you can.

0:38:49 - Kevin

You can just consciously be like, okay, I want to manifest something now.

0:38:55 - Julie

Okay, let's work on this, and you do it for a few minutes and then you come back and in the background the music is thank you, thank you, thank you, thank you, thank you, thank you, thank you, thank you, thank you, thank you, or I love you, I love you, I love you, I love you, or thank you, I love you, thank you, I love you.

0:39:12 - Kevin

Or I'm favored by God, I'm favored by God, or God loves you. Know, whatever you want it to be, but it's better than daydreaming, because, because daydreaming isn't real, you know, it's just not. It's not. And that's why I say thoughts aren't real. Like Santa Claus or Michael Myers, you can have positive thoughts, negative thoughts, but they're not real. They're characters with a script and a theme music. And it creates a real emotion. Don't get me wrong. It does create a real emotion.

0:39:47 - Julie

That's based on a false premise, correct? Yeah, let's change directions. For a minute, you've got a PhD in nutrition, does?

0:39:57 - Kevin

Man, I don't use it.

0:39:59 - Julie

I was just going to ask does what you learned in school align with your current practice and knowledge base today?

0:40:07 - Kevin

No, no. What I do now is completely self-studied. I went after experts on the body so I studied from a brain expert, a spine expert, a foot expert. That's how I got to this head-to-toe healing from studying people, studying specialists. It's just the specialists don't study other specialists, which keeps them in their specialty. It's just, my specialty is apparently the whole body, but there's no school teaching that.

0:40:41 - Julie

Well, I believe too that a lot of us are under the assumption that our records, especially now that they're computerized, that our records are shared with the different specialties, and yet people often find that specialty A is not really reviewing those records, and so perhaps they're prescribing something that has a contraindication with what another practitioner has described. But there's no cross-referencing there. Would you agree with?

0:41:14 - Kevin

that, yeah, I mean it's a cluster. It's a cluster I know, because you know my dad is a hot mess. He's in medical prison, as I call it, and things get messed up all the time. They get confused all the time. He's got a doctor for every part of his body and it's a screwed up situation.

0:41:40 - Julie

Does he listen to what you have to say when you're trying to help him, or is it just well he's my son?

0:41:47 - Kevin

No, the thing is he's incredibly proud. In fact, I just relocated him to a new dialysis clinic and he's sitting there in the waiting room like do you have business cards on you? I'm like, dad, these people are gone. They're gone. There's nothing I can do for anyone. You don't want to be passing out my business cards, please. So he's a proud dad. He firmly believes in what I'm doing. It's just he's too far gone. A 78 and a half year old who was that messed up, who was only being kept alive by the medical system, doesn't want to get out of the medical system because it's too scary of a thing, do you?

0:42:33 - Julie

believe that he's healable at this stage.

0:42:37 - Kevin

Absolutely, absolutely. I do too. But it's too scary for him, it's too scary for him, way too scary, yeah. And you know he's probably still alive because of me and my mom. My mom is the executor, if you will.

0:42:55 - Julie

As we women normally are, yeah.

0:42:57 - Kevin

Kevin says this you got to do this, you know. If it wasn't for that, you know he'd still be drinking soda and eating a ton of bread and, you know, sweets and whatnot. But he eats pretty good all things considered and he probably should be dead.

0:43:18 - Julie

Do you see improvement in his condition with him changing some of those different variables in his life like food and other things.

0:43:28 - Kevin

Yeah, at one point his lung doctor brought him from a stage four emphysema to a stage three. Mm-hmm, you know, just from changing the diet. So we have seen things and if he would stay on the path and listen and get off the drugs then he would more than likely heal. I tell him all the time you don't need to be on all these drugs. Keep your blood pressure medication fine, okay. Keep your blood thinners fine, just keep those two. Get rid of the other 13.

0:44:02 - Julie

My parents were the same way. I was mortified with how many prescriptions they took. It was like those pill boxes that they have those long ones for every day of the week and there are three different sections for each day. They had two of those for each day, so there were four or five, sometimes six sections for each day of the meds and I just thought what it's frightening with all of that. Why does that happen? Why do we tolerate that? Is that we just don't know any better. It's just what we've been taught.

0:44:40 - Kevin

We're right back to programming. Yeah, yeah. We're right back to Santa Claus programming. Yeah, yeah.

0:44:44 - Julie

Right back to Santa Claus. Well, and the zeitgeist is changing, I feel, with my generation. I'm a generation ahead of you, at least, but my parents that were born in the 20s and certainly my grandparents that were born at the turn of the 20th century, they just if the doctor said it, they just did it, they didn't even question it. I think information is way more readily available now to the general population than it was back then. But are you seeing a shift in the younger generations of that? There's less loyalty to just what they're told to do from the medical establishment.

0:45:25 - Kevin

I think that there's a lot of young people who have access to social media and that's really the grand awakening because the information is there, but a lot of people in their 20s just don't care. The body may start breaking down around 30, 35, and then that's when they start caring a little bit, and then they'll go on their TikTok or their YouTube or whatever Instagram and they will do some research, perhaps find someone like me, and they'll just gain some information and some inspiration and they'll start working their way out of the medical system a little bit.

0:46:05 - Julie

Yeah, I believe that the work that I do, like I said, is part of the healing equation, and everybody is going to be led down a path that their spirit wants to explore and experience. Whether that involves what your dad's going through with lots of medication and the dialysis and how he's choosing to go down that path, certainly with somebody like you who's his son, who has a totally different view of his treatment plans and he can pick and choose what he wants to implement, and that's his prerogative, it's his life.

0:46:44 - Kevin

It's his life. He feels like he's too far gone, and if that's what he feels, then that's what he is.

0:46:53 - Julie

I agree. Do you believe that you're on a spiritual mission to help educate people that there are other ways to heal? Do you believe you're being led?

0:47:05 - Kevin

Yeah, my story is very detailed, it's very layered and so just to go from one career to the next, they're total opposites. And then you add in the layer of I was working on myself spiritually behind the scenes from about 2010 on, maybe even before I started meditating, even before.

0:47:33 - Julie

What were you doing to work on yourself spiritually?

0:47:36 - Kevin

I was meditating back in 08, 09. That's where it started. And then, in 2011, I had a spiritual experience. Some people call it a Satori.

0:47:50 - Julie

So tell us about that. You can't just throw that out there as a tease and not tell us what happened. Tell us what happened.

0:47:56 - Kevin

I was going through a dark experience and my mind just stopped. It just stopped. There was no past, there was no future, it was just present moment and it was beautiful because all of my mental pain went away. But then it all came back after an hour or so and I was like what the heck is that?

0:48:17 - Julie

Were you meditating?

0:48:18 - Kevin

No, no, no, I was just. I was just, I was pacing. I was pacing and you know, and I just collapsed onto the couch and then, once it happened, I just started laughing Like you ever see a Joker movie or something. I was just laughing like the Joker, but then it all came back and then, of course, that's when I realized that I was like what's that? How do I get it back?

Long story short, I ended up at an ashram in New York and I met a man who became my spiritual father or mentor, whatever term you'd like to use and you know he mentored me for seven years and the story is very, very layered. It's very layered and you know it goes underneath the health stuff and but yeah, you know, I quit in 2018. I stopped being a practitioner, I was burnt out, I just quit. And you know I was kind of like brought back.

You know, through a tough time, dark night of the soul, and so I remember dropping to my knees one night and like talking to the sky. You know talking to God and being like, if you get me out of this, what do you want? Do you want me to help people again? Like, what do you want? You know just one of those things. And yeah, I eventually came back and within six months of being back, I went viral and became notorious or famous, whatever term you want to use and we were off and running, you know. And we were off and running, you know. And next thing I know, I got followers all over the world and admirers all over the world, haters all over the world, debaters all over the world, and you know, I have to pinch myself every day. Like this is crazy.

0:50:20 - Julie

So you're on a mission from God. You're kind of like one of the Blues Brothers, huh.

0:50:25 - Kevin

I gotta see now. I got to go watch that movie.

0:50:28 - Julie

I know, Is that great? Every time I hear that I'm on a mission from God, I always think of I'm on the old Saturday Night Lives doing that?

0:50:36 - Kevin

I mean, I'm definitely on a mission. Unfortunately it's a dangerous mission, but why?

0:50:42 - Julie

is it dangerous?

0:50:44 - Kevin

They don't like me doing what I'm doing. Who's they? Whoever they are, I just get a lot of threats and stuff like death threats or they're going to arrest you.

0:50:58 - Julie

Threats or what?

0:51:00 - Kevin

yeah, court death threats really, yeah, wow. Last question that threads Really yeah, wow, yeah, wow.

0:51:09 - Julie

Last question why do we incarnate?

0:51:12 - Kevin

Why do we incarnate To do it over, to try and get it right? What's it? I think there's different layers. I think my understanding is that there's two types of awakenings there's the awakening of the heart and there's the awakening of the mind. The mind is probably higher than the heart, but the heart, you know that compassion that makes it all worthwhile. So if I had to assume, it would be to open your heart and stop your thoughts at some point. That's the game, that's the whole game to stop your mind, like it stopped for me, even if just for an hour, and it happened again 10 years later.

0:52:00 - Julie

What happened in that situation?

0:52:03 - Kevin

It just stopped. It just stopped. I remember going on a walk and just looking at the trees and being like, wow, my mind's not moving right now. Wow, it's beautiful.

0:52:13 - Julie

Do you think that you were in a different reality? What do you think was going on?

0:52:17 - Kevin

No, no, I just think that my mind stopped, the inner child stopped and it's just a computer. If you look at it like that, it doesn't have to be any deeper than that. I look at the mind just like the heart or the liver. You know, it's a thing inside of you that you were given and it operates a certain way. So I think that when the inner child shuts up, finally shuts up, you are now in a state of permanent inner peace, because if the mind didn't move, you'd be blissed out. You'd be blissed out. You'd just be so joyful. And you know, like a baby.

You know, I always joke around when I see a baby. I'm like you're happy because you don't have bills. That's the only reason why you're happy. It's just a joke, but you know. It's like. You know, if your mind shuts up, you don't really have worries, you don't have these negative

emotions anymore because there's no more fear emotions anymore. Because there's no more fear, there's no more anger. There's none of that. But it takes a long time to get there. It's not a 10-minute process. It could be a lifetime process, it could be a few lifetime processes Interesting, but who knows?

0:53:44 - Julie

What a fascinating conversation. We touched on a lot of different topics here during this discussion and certainly gives us food for thought. Pardon the pun with what we've discussed, how can people learn more about you and your work?

0:54:02 - Kevin

DrKevinReese.com. Drkevinreese.com, you can see all of our testimonies. We have the most ever recorded. I mean it's ridiculous.

0:54:11 - Julie

How many is the?

0:54:12 - Kevin

most it's over 10 hours. Okay, it's just nonstop. You could sit there and watch people healing over 10 hours. It's ridiculous. People could take a free class. They could buy my books there's 10 books, and yeah, drkevinreese.com is the hub. Of course, you can find me on Facebook, and all that too.

0:54:41 - Julie

Okay, sounds good. Alrighty, everybody, we are sending you lots of love from Sweet Home, Alabama, and from Connecticut too, where Kevin is. We'll see you next time.

0:54:46 - Annncr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube. At Ask Julie Ryan and like her on Facebook. At Ask Julie Ryan To schedule an appointment or submit a question. Please visit AskJulieRyan.com.

0:55:01 - Disclaimer

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